

Yoga Vacation

Participant:

Participants are completely unknown to yoga, or possessing rudimentary knowledge and skills of yoga. Individuals from all age, class, gender, background participate and are desirable of “Self Development” .

Mission:

To impart basic philosophy, knowledge, and techniques of yoga for complete self-development. To motivate and inspire self-development as an ongoing process, whereby this camp is only an auspicious start.

Benefits to Participants:

Will gain basic knowledge, philosophy and techniques of yoga so that one may practice them and maintain direction towards self-development.

To cause positive shift in the physical, mental and emotional state by the practices conducted during the weeks. Introduction to a well defined and affirmed path to complete homeostatic development. Touched, moved and inspired by the practices.

The participants should feel and recognize that “yoga vacation” as the beginning to their path of self-development.

Responsibility of the Participant:

To regularly attend the class, read additional elementary books on yoga to derive complete benefits from the “yoga vacation”.

Daily Conduct	
6.30am- 7.00 am	Kriyas
7.00 am- 8.00 am	Asana practice
8.30 am - 9.00 am	Breakfast
9.00 am- 10.30 am	Karma yoga
10.30 am - 11.00 am	Break time
11.00 am - 11.30 am	Yoga Concept with a game
11.30 am- 12.30 pm	Holistic approach
12.30pm - 1.30 pm	Lunch
1.30 pm - 2.30 pm	Free time
2.30 pm - 4.30 pm	Free Time / Karma Yoga / Ayurveda Reflexology / Pottery and Hobbies
4.30 pm - 5.30 pm	Asana with explanation
5.30 pm - Sunset	Nature Walks
7.30 pm to 8.30 pm	Dinner
8.30 pm to 10.00 pm	Conversations at the bonfire
10.00 pm	Lights out

Yoga Vacation Educational Scheme :

Day	6.30 - 7.00	7.00 - 8.00	9.00 - 10.30	11.00 - 12.30	4.30 - 5.30
Concept of the day	Kriyas	asana practice	Karma Yoga	game	asana with explanation
faith	jahnati, jeevamulashodhan, kapalradhanti, danta dhaut, karnarandradhanti, sutra neti	asana practice	Karma Yoga	faith game explaining faith	stithprathnasana, sukhasana
Preparedness & conditioning		asanas practice		pre-questionnaire 12 pages	padamsana, vajrasana
duty		asanas practice		animal in circle game with explaining duty	bandha padmasana, veerasana
yama and niyama		asanas practice		cartoon game with yamas	siddhasana, vrashasana
acceptance		asanas practice		daal & word game	bhadrasana, ekpadasana
Balance		asanas practice		explaining body awareness with joining alphabets game	parvatasana, standing vakrasana

concentration		asanas practice		counting empty spaces game	talasan 1,2, 3,4, yastikasana,
coordination		asanas practice		ball game	konasana 1 ,2, utkatasana, sitting vakrasana,
importance of spine		asanas practice		chocolate game	ekpadasana, natprarthanasana, matsyasana
asana		asanas practice		pipe and matchstick game	gomukhasana, pariyankasana,
pranayama		asanas practice		ping pong ball game	hastpadangushtasana, yonimudra,
pratyahara		asanas practice		yonimudra, pranayama practice	utkatasana, garudasana
training of senses		asanas practice		clarity game	trikonasa, hastapadasana,
humility		asanas practice		better to light candle game	yoga mudra, psachimotanasana
relaxation		asanas practice		practice yoganidra	halasana, chakrasana, nispandabhava

training of mind		asanas practice		time in the clock game	dradasana, konasana 3, pavanmuktasana
dedication (ishwar pranidhana)		asanas practice		ishwar pranidhana game	ardha matsyendrasana, vipritkarni, sarvangasana
Karma yoga		asanas practice		pranayama practice	free time
self reliance		asanas practice		tranquility game	bhujangasana
memory training		asanas practice		memory game	dhanurvakrasana
confidence & will power		asanas practice		flexibility game	ushtrasana
self esteem		asanas practice		mixed dal game	shalabhasana
self direction		asanas practice		self direction game	purna chakrasana



Office: 2/67 Nutan Laxmi Society, N.S.Road No.8, JVPD Scheme, Mumbai-400049, India

www.aimyoga.in
aimyoga@gmail.com

Tel: 91-22-26209811, 9867379694
9869132775

Course Charge :

USD 100/- per day or USD 1200 for 2 weeks for the course for Non-Indian citizens
INR 3500 per day or 50000 for 2 weeks for Indians

Registration Fees :

USD 200 for 2 weeks
INR 10000 for 2 weeks

Course Duration : 1st November onwards

Venue :

Mokhavane Village ,
Kasara Station,
Maharashtra, India.

Contact Us :

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Date
To

Sub : Deposit of USD in favour of AIMYOGA

Nostro Correspondent of our Bank : **Standard Chartered Bank, New York**. Code:- **SCBLUS33**

Nostro Account No of Indian Bank with respective Correspondant Bank : **3582021188001, INDIAN Bank Chennai**.

Full Address: Indian Bank, Treasury Branch, 2 Jehangir Street, Chennai: 600001. SWIFT Code : **IDIBINBBTSY**

Beneficiary Name : **AIM YOGA**

Account No: **974901122**

Name Of the Branch: **BHAVANS CAMPUS**

Dear Madam / Sir

I Mr / Ms. / _____ am depositing the sum of USD _____ as my registration fee for yoga education with AIMYOGA, India.

Cash / Cheque details : \$

Kind Regard